



CHECKLIST:
What you Need to
Take when you Leave

- ___ Identification
- ___ Driver's license
- ___ Child's birth certificate
- ___ Your birth certificate
- ___ Money
- ___ Lease, rental agreement, house deed
- ___ Bank books
- ___ Checkbooks
- ___ Insurance papers
- ___ House and car keys
- ___ Medications
- ___ Small saleable objects
- ___ Address book
- ___ Pictures
- ___ Medical records (all family members)
- ___ Social Security card
- ___ Assistance or benefits information
- ___ School records
- ___ Work permits
- ___ Green card
- ___ Passport
- ___ Divorce papers
- ___ Jewelry
- ___ Child's small toys
- ___ Other _____

For More Information Call...

SD Domestic Abuse Hotline:
1-800-430-SAFE

National Domestic Violence Hotline:
1-800-799-SAFE

Hearing Impaired:
1-800-787-3224

Domestic Violence Program

A guide to developing a safety plan
for victims of domestic violence.

DSS 
Strong Families - South Dakota's Foundation and Our Future

Safety During an Explosive Incident

✓ If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in the bathroom, kitchen or anywhere near dangerous items.

✓ Practice getting out of your home safely. Identify which doors, windows, elevator or stairwell is best.

✓ Have a packed bag ready and keep it in an undisclosed but accessible place in order to leave quickly.

✓ Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.

✓ Devise a code word to use with your children, family, friends and neighbors when you need the police.

✓ Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).

✓ Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what he wants to calm him down. You have the right to protect yourself until you are out of danger.

Safety When Preparing to Leave:

Leaving your batterer is the most dangerous time.

✓ Open a savings account in your own name to establish or increase your independence. Think of other ways in which you can increase your independence.

✓ Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust so you can leave quickly.

✓ Determine who would let you stay with them or lend you some money.

✓ Keep the shelter phone number on hand as well as some change or a calling card for emergency phone calls.

✓ Review your safety plan as often as possible in order to plan the safest way to leave your batterer.

Teens in a Violent Relationship

✓ Decide which friend, teacher, relative or police officer you can tell.

✓ Contact an advocate at the court to decide how to obtain a protective order and make a safety plan.

Safety in your own Home

✓ Change the locks on your doors. Buy additional lock and safety devices to secure your windows.

✓ Discuss a safety plan with your children for when you are not with them.

✓ Tell your child's school and/or day care about who has permission to pick up your child.

✓ Tell neighbors and a landlord your partner no longer lives with you and they should call the police if they see him near your home.

✓ Never call the abuser from your home. If he has caller I.D., he may be able to locate your residence.

Safety with a Protective Order

✓ Keep your protective order on you at all times. (When changing your purse, this is the first thing to go in it.)

✓ Call the police if your partner breaks the protective order.

✓ Think of alternative ways to keep safe if the police don't respond right away.

✓ Tell family, friends and neighbors that you have a protective order in effect.

Safety on the Job and in Public

✓ Decide who to tell at work about your situation. This should include office building security. (Provide a picture of your batterer if possible.)

✓ Arrange to have someone screen your phone calls if possible.

✓ Devise a safety plan for when you leave work. Have someone walk you to your car, bus or train. Use a variety of routes to go home if possible. Think about what to do if something happened while going home.

Your Safety and Emotional Health

✓ If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.

✓ If you have to communicate with your partner, determine the safest method.

✓ Have positive thoughts about yourself and be assertive with others about your needs.

✓ Read books, articles and poems to help you feel stronger.

✓ Attend a women's victim's support group to gain support from others and learn more about yourself and the relationship.